

## Happy, or Happier? Handout B

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What makes us happy? There might be certain parts of our lives which already do make us pretty happy. Perhaps part of being happy is paying closer attention to things we already have.

**Instructions:** *Think about things which make you happy. These are usually things which you may already have at the moment, and do make you happy simply by thinking of them. List down ten things that make you happy.*

***I am happy about...***

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.